

BULLETIN

CHILD WELFARE LEAGUE OF AMERICA

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*"Where the city of the faithfulest friends stands,
Where the city of the cleanliness of the sexes stands,
Where the city of the healthiest fathers stands,
Where the city of the best bodied mothers stands,
There the great city stands."*—WALT WHITMAN.

TO MEMBERS:

THE Middle Western Child Welfare Conference will be held at the Chicago Beach Hotel, 51st St. and Cornell Avenue, Chicago, February 8 and 9, 1923.

All members of the League, as well as all interested in the discussion of professional child welfare questions, are invited. A program of topics will be available on application after January 20th.

METHODS FOR DETERMINING MALNUTRITION IN SCHOOL CHILDREN

During the winter of 1921-1922 an experimental study was undertaken in New York City to determine the relative values of three most prominent methods for determining nutrition. The study was made in Public School 83, Borough of Manhattan. It is located in a fair residential section and covers all the grades from the kindergarten to 8B. The children are representative of many race groups and there is no predominating foreign race group.

The methods used for determining nutrition were:

1. Complete physical examination. This method included weighing and measuring the children, but such height and weight data were taken as confirmatory indication of proper nutrition or its lack, rather than as a final determining factor. The factors taken into account were the general appearance of the child, condition of the skin, subcutaneous tissues, mucous membranes, and musculature, the vigor or listlessness which appeared in the child's facial expression, carriage, posture, movements, voice, interest and attention, or any other physical condition which indicated a normal or abnormal physical status. The results of these examinations were recorded according to the Dunfermline scale.

2. Estimation of relative weight in relation to height, as determined by tables prepared by Dr. Thomas D. Wood, published by the Child Health Organization. In accordance with the procedure recommended by the originator and publisher of these tables, a child 10 per cent. underweight, for his height and age, was considered undernourished.

3. Pelidisi, or Piquet method, using specially prepared apparatus. Estimation was made in each case of

the child's "pelidisi," a standard of 93 being taken as the minimum determination of adequate nourishment.

The third method is comparatively new in American child welfare. It is based upon the relation of the weight to the sitting height of a child, with an evaluation of the standards of nutrition on a scale of 100.

In all 1814 children were examined by each of the above methods: 1147 boys and 667 girls.

"This survey would seem to show that:

"1. The determination of degrees of nourishment by means of the height and weight standards, according to Dr. Wood's tables shows a lesser incidence, 22.2 per cent., than the results of the complete physical examination recorded by the Dunfermline scale, 25 per cent.

"2. The 'pelidisi' of 93 and under shows an excessive percentage of undernourishment that does not seem to be warranted either by the physical examination of the children or by the estimation of their nutrition by the height and weight method, resulting as it does in an average of 33.5 per cent. for both sexes. The 'pelidisi' of 92 and under, with a total of 22.3 for both sexes, more nearly approximates the condition of undernourishment found by the height and weight tables of Wood, but is less than the total of 25 per cent. found by the physical examination method.

"3. The complete physical examination of each child, using the Dunfermline scale as a method of recording the findings, affords a method based upon scientific knowledge and trained medical opinion. The fact that the result of these examinations showed that 25 per cent. of the children were undernourished, while the height and weight tables indicated an incidence of 22.2 per cent., and a 'pelidisi' of 92 and under showed 22.3 per cent., would seem to indicate that physical examination of children discovers some cases of undernourishment which may be overlooked by other methods. It also indicates that a complete examination of the children is possible under the conditions which obtain in school life."—September Bulletin, New York Department of Health.

THE LEAGUE'S COMMITTEE ON GROUP MOVEMENTS IN CHILD-CARE

There is a very gratifying interest on the part of civic, religious, fraternal and other groups in giving the underprivileged and unfortunate child a chance. If this interest and enthusiasm can be harnessed and steered, much good may result.

Unfortunately, there are those who get an idea and then would immediately build an organization or insti-

tution around that idea and raise a lot of money for it without considering its ultimate influence upon the individual child and the community.

It was with the idea that the League might be of value to such groups that a Committee was appointed at the last meeting of the Executive Committee and was announced in the Bulletin of November 15th, with Mr. Edwin D. Solenberger, of 1430 Pine Street, Philadelphia, as Chairman. The name of this Committee has now been changed and its work broadened, as the title will indicate. It is now called the Committee on Group Movements in Child-Care. All members of the League who become aware of efforts that are being made for the organizing of new societies or building of new institutions for children will find it advantageous to apprise Mr. Solenberger of such information. Even the statement of rumors will be of value. You will not be held responsible for their reliability. Please write Mr. Solenberger direct.

MR. HODSON'S NEW WORK

In 1915, at the Baltimore Meeting of the National Conference of Social Work, the National Committee on Standardizing Children's Laws was organized for the purpose of assisting various states in their efforts to improve and codify their children's laws, Mr. Carstens being Chairman of that Committee. Various members of the Committee rendered service in different states as time and opportunity permitted. The work was, however, so important and became so extensive that it required the full time of one person to undertake it.

Through the efforts of the Committee, the Russell Sage Foundation has been induced to undertake this work regularly, and on January 1, 1923, Wm. Hodson, formerly Director of the Children's Bureau of the Minnesota State Board of Control, began work as Chief of the Division of Child Welfare Legislation of the Child-Helping Department of the Russell Sage Foundation. His address is Security Building, Minneapolis, Minnesota.

STATE-WIDE PUBLIC SCHOOL MENTAL CLINICS

On July 1, 1919, the Massachusetts legislature enacted the following law:

"An Act to Determine the Number of Children Retarded in Mental Development and to Provide for Their Instruction."

"Section I. The school committee of each city and town shall, within one year after the passage of this act, and annually thereafter, ascertain, under regulations prescribed by the board of education and the director of the commission on mental diseases, the number of children three years or more retarded in mental development who are in attendance upon the public schools of

its city or town, or who are of school age, and reside therein.

"Section II. At the beginning of the school year of nineteen hundred and twenty, the school committee of each city and town in which there are ten or more children three years or more retarded shall establish special classes to give such children instruction adapted to their mental attainments, under regulations prescribed by the board of education."

In a pamphlet entitled "The Inauguration of a State-Wide Public-School Mental Clinic in Massachusetts," by Dr. Walter E. Fernald, he states: "These clinics have been made constructive from the start, the purpose of the examination being not to discredit the backward child in any way, but rather to find his present capacity for training, his probable rate of progress, his personal handicaps or special abilities, and the like. In other words, this examination catalogues his possibilities as well as his limitations, and has for its main purpose the idea of improving the child's condition as much as possible. The detailed information which can always be obtained in some of the fields of inquiry renders it possible to make a thorough diagnosis of the condition of the pupil and furnishes the basis for the specific advice that is given for each case examined."

From the work of these clinics will also come an accurate census of defectives.

The December Number of "Mother and Child" prints the following:

"CROSSING THE STREET"

"A new game was suggested by the Safety Institute of America for the nursery kindergartens in a circular letter sent to all the day nurseries of New York City, urging co-operation with the Institute.

"This game teaches the children the proper way to cross the street. The teacher acts as the traffic officer and the children imitate pedestrians and automobiles at a crossing. This game has proved very effective wherever used, for it not only interests the children but also educates them to be more careful."

The New York County Chapter of the American Red Cross has just published an interesting pamphlet entitled, "Red Cross Service for Undernourished Children in New York City."

Under the direction of its health service, four Red Cross Child Health Stations and six public school dental hygiene clinics were operated, 1,282 were enrolled in the nutrition classes, and over 20,000 children received dental hygiene treatment and instruction.

Children in the nutrition classes were spurred to greater interest by the method of graduation from these classes. When a child had fulfilled the requirements for graduation, a ceremony with accompanying honors took place and a certificate of graduation was given, which

became a much treasured possession of the little graduate. The requirements for graduation were as follows:

1. That the child must have, as far as possible, all physical defects corrected.
2. That he should have reached average weight for his age and height.
3. That he should have regularly attended the sessions of the nutrition classes and should practise in his daily life the lessons learned there.

While by no means all of the children reached normal weight and met the other high standards of nutrition "graduates," very few failed to make some weight gain. Only 35 out of the 430 intensively studied failed to gain. The bulk of the work begun by the Red Cross will be continued by public and private agencies.

Have you seen "Child Life," published by Rand, McNally & Company? Doubtless the publishers would send you a sample copy. A subscription for some of your foster mothers would bring large dividends. We are not its agents.

THE FIVE ESSENTIALS FOR HEALTH EDUCATION

The Child Health Organization prescribes five essentials for health education:

- "1. A scale in every school.
- "2. Every child's weight record sent home on the monthly report card.
- "3. Time allowed in every school day for interesting children in the establishment of health habits.
- "4. A hot school lunch available for every child.
- "5. Teachers trained in Normal Schools to teach health habits."

The Bureau of Children of Pennsylvania, in its monthly publication, called "Hello Central," asks the pertinent question, "*We consider our financial records important; how about the records of our children?*"

From "The Homefinder" for November we quote the following:

"In a certain village on Long Island, our children are singled out; they are the best dressed children in town; and every spring and fall they bring the fashions from New York."

INTELLIGENCE TESTS OF BABIES

At Yale University intelligence tests for babies 6, 9, 12, 18, 24 and 36 months old have been undertaken by the University Psychological Clinic. According to Dr. Arnold Gesell, professor of child hygiene and director of the clinic, the psychologist presents the baby with a number of simple objects and problem situations, such as an enamel cup, saucer and spoon to manipulate; a

piece of paper to crumple, tear or fold; a small pellet to pick up; a cube concealed by a cup; a rod to put into a small hole; a dangling ring to pull down, etc. Over three hundred babies have been tested in this way.

"Simple as these materials and situations are," said Dr. Gesell, "they have been surprisingly effective. There has been a widespread belief that babies are all much alike or that they vary so enormously in the way they develop that it is unprofitable to investigate them. Although our investigation is preliminary in character, we are confirmed in the belief that individual differences assert themselves with prognostic import even in babyhood, and that a clinical type of psychology may clarify these differences and offer the findings as a timely control of human behavior."

Governor Pinchot of Pennsylvania has appointed Dr. Ellen C. Potter, Director of the Bureau of Children of the Department of Public Welfare of Pennsylvania, as Commissioner of Public Welfare, which makes her a member of his cabinet.

SPARKS FROM THE INSTITUTE

The first choice for the care of a dependent child is with his own family, next with his blood relatives; only after these resources have been exhausted should an outside responsibility be assumed.

To relieve parents hastily of their responsibility is to risk raising another generation of irresponsible parents.

Selecting and trusting the right type of executive is the most important job of a trustee.

Trustees and staff should work at their job with sympathy, equality and understanding.

Recognizing the great differences in standards of local doctors, an institution should set its own medical standards. (The League will supply free of charge an adequate medical examination blank.)

It is better to write a thousand records that are not used than to fail to be able to supply a vital bit of family history when it is needed.—From "Hello Central."

CHILD WELFARE NEWS

Dr. John B. Hawes, 2d, in an article entitled "The Preventorium," published in "The Commonwealth," July-August, 1922, says: "The consumptives of the future, to a very great extent, come from a perfectly definite and well-known group. This group consists of those children, boys and girls under fifteen years of age, coming from families in which there is an adult case of consumption. That our future consumptives will be largely drawn from this group is not guesswork but a definite fact."

The English law lays down that the hard-of-hearing child need not attend school until the age of seven. As

the usually deaf child's mind does not begin to develop until he enters school, a writer in "The Lancet" makes "a plea for the deaf child," and suggests that a better plan for the ultimate value of special training would be to attack the problem of the deaf child in the home by the age of two, and every school for the deaf should carry an infants' class for pupils from two and a half to five.

Prof. O. G. Brim, of Cornell University, at the Fifth Annual Conference of the American Country Life Association, spoke on the topic, "Handicaps of the Rural Child." He stated that gross injustice is being done the rural children of the nation because of the inadequacy of the country schools. He asserted that more than half the rural school buildings in the state of New York were erected over fifty years ago; that sixty-five per cent. of the teaching force had had normal training, while only four per cent. were normal graduates. What is the situation in your state?

In the January Number of "The Family" is printed an article by Prof. Frederick E. Lumley, of the Ohio State University, entitled, "The Right to Marry." He contends that there is no such natural right and that there is a growing determination to withhold favors from those who will not assume responsibilities. "The family must be saved from the hands of its spoilers. The tainted pro-creators must be blacklisted."

A Child Welfare Commission has been appointed in Italy by royal decree. In it the disastrous effects of the war upon child life and the lack of co-ordinated child welfare legislation are pointed out.

Dr. Forbes, in the London "Lancet," states that "the chances of survival of the newly born infant are not materially influenced by the social and sanitary conditions under which the mother lives during pregnancy, but given equally favorable surroundings the infants of the various classes have equal chances of survival after birth."

In the December number of "Mother and Child" you will find an article entitled, "Behavior Problems with the Pre-School Child," by Miss Winifred Rand.

In North Carolina 60,000 more children attended the public schools last year than during the preceding year, due to the new compulsory school attendance law which required children to enter school at the age of seven instead of eight.

The Factories Act of India, which came into force on July 1st, has raised the age for the admission of children to employment in factories from nine to twelve.

ENCLOSURES

The enclosures this month are as follows:

1. December number of the Cleveland "Community Fund News," containing a statement of the plans and work of the Children's Bureau, together with a sketch.
2. An evaluation record of the case work of the Boston Children's Aid Association.
3. A reprint of the Director's article in January, 1923, number of "The Annals," entitled, "National Social Agencies Rendering Services to the Home and Family."

LIBRARY LIST NUMBER 16

BOOKS

1. Edman, Irwin. Human Traits and Their Social Significance. 1920.
A readable book having two parts: Part I, Social Psychology; Part II, The Career of Reason. The book was originally written for use in a course entitled "Introduction to Contemporary Civilization," required of all freshmen in Columbia College. With the new emphasis on the knowledge of psychology it will be of use to our members in making the application of that science to social work.
2. Goddard, Henry Herbert. Human Efficiency and Levels of Intelligence. 1920.
Dr. Goddard was until recently Director of the Bureau of Juvenile Research of Ohio. The thesis of the book is "that the chief determiner of human conduct is a unitary mental process which we call intelligence; that this process is conditioned by a nervous mechanism that is inborn; that it is but little affected by any later influence except such serious accidents as may destroy part of the mechanism."
3. Harrison, Shelby M. Social Conditions in an American City. 1920.
This is a summary of the findings of the Springfield, Illinois, survey, conducted under the direction of the Department of Surveys and Exhibits of the Russell Sage Foundation.
4. Myerson, Abraham, M.D. The Foundations of Personality. 1921.
Dr. Myerson is a psychiatrist who has had close contact with social work problems in connection with his work in the Boston Psychopathic Hospital. This is a very readable volume. Chapter 27, entitled, "Some Character Types," is particularly interesting to social workers.

CHANGES FOR DIRECTORY

IDAHO.—Children's Home Finding and Aid Society of Idaho. Mrs. Lillian M. Carse, State Supt., to succeed Rev. John W. Flesher, Ph.D.

MINNESOTA.—Children's Bureau, State Board of Control. C. F. Hall, Director; to succeed Wm. Hodson.

NEW YORK.—Otsego County Society for the Prevention of Cruelty to Children. Miss Bessie Trout, Children's Agent, to succeed Mrs. Hazel Foster Brady.

C. C. CARSTENS, *Director*